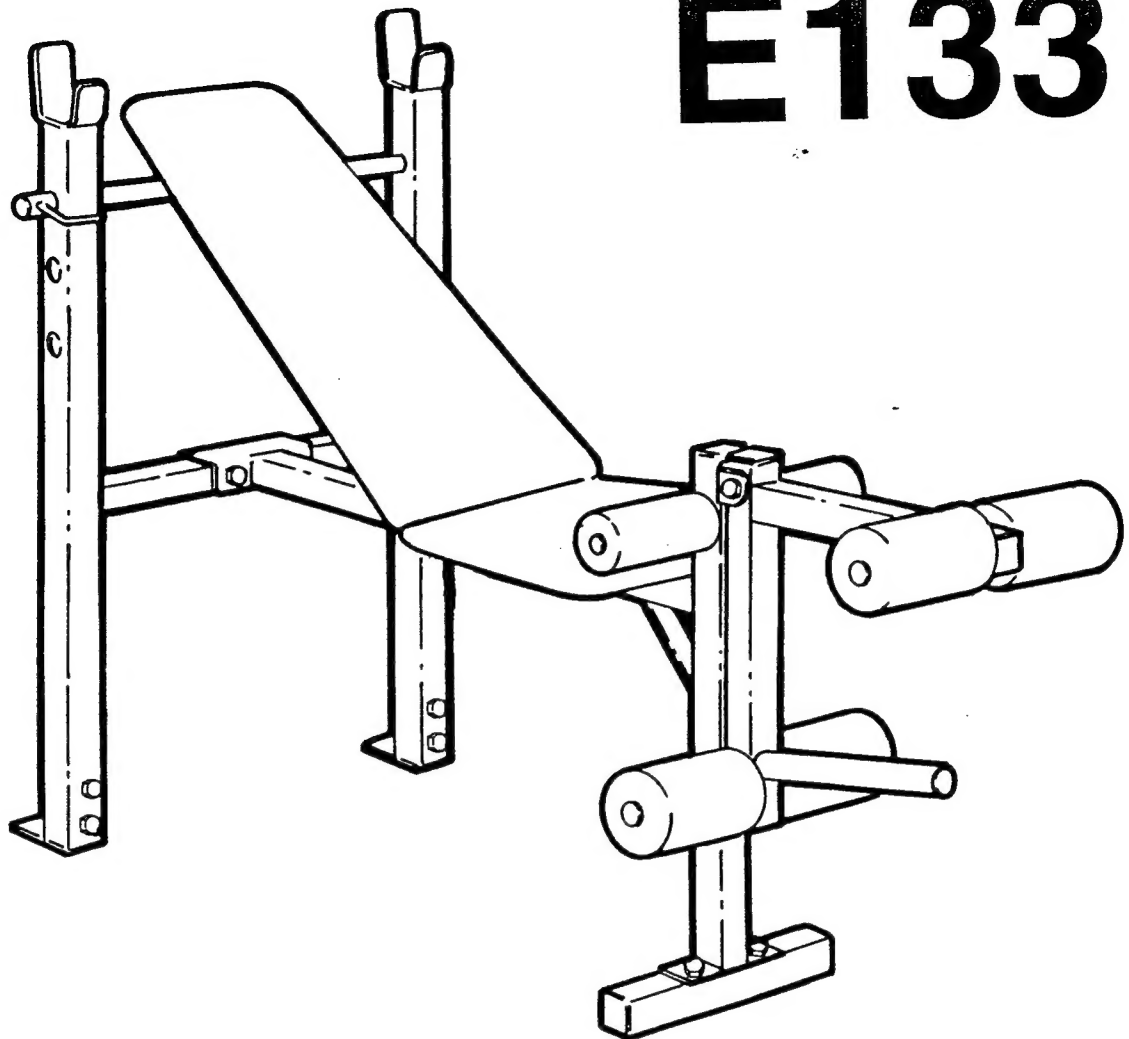


# E133



## **weider®**

OWNER'S MANUAL

**WEIDER HEALTH and FITNESS**

---

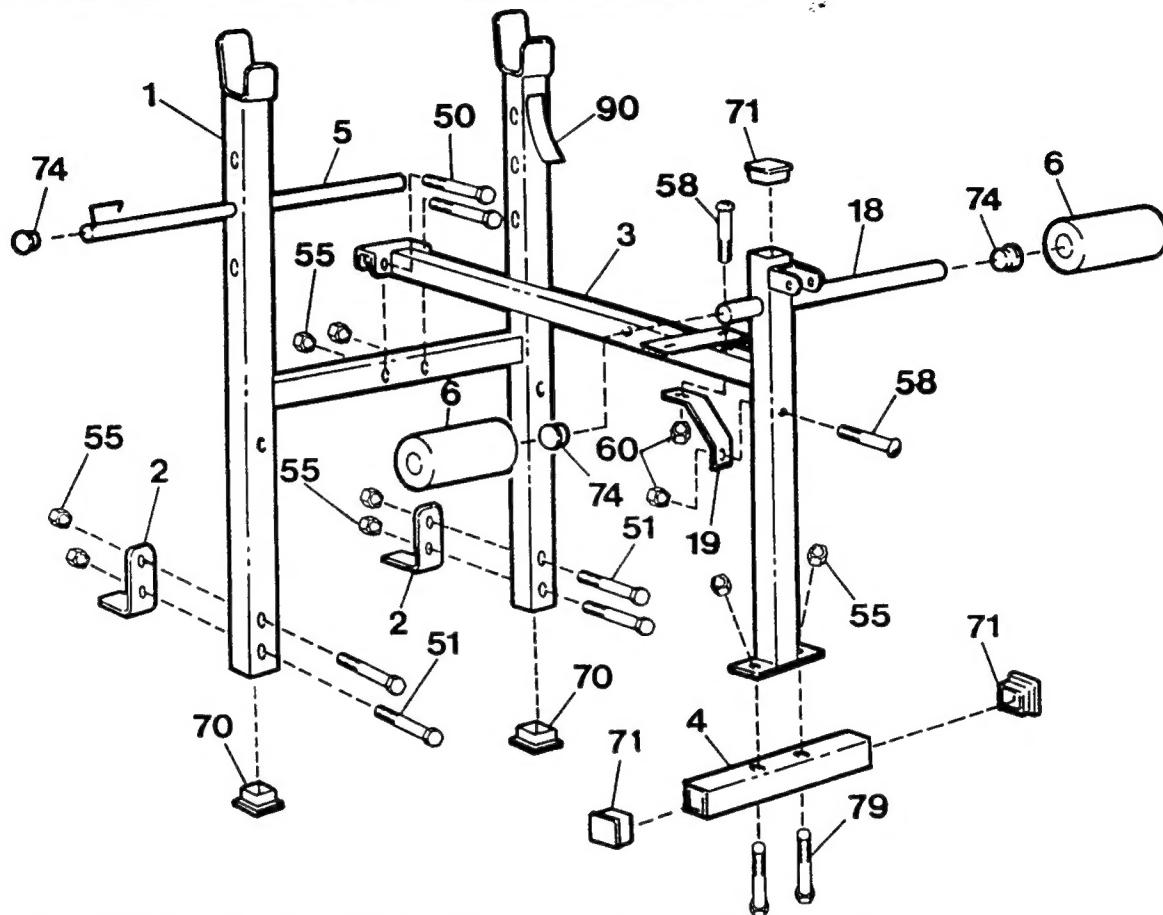
21100 ERWIN STREET, WOODLAND HILLS, CA. 91367 USA

## PART LIST E133

[illegible]

STEP 1 FRAME ASSEMBLY	
PART NAME	QTY
50 5/16" X 2 1/4" HEX HEAD BOLT	2
51 5/16" X 2 1/2" HEX HEAD BOLT	4
55 5/16" NYLON LOCK NUT	8
58 1/4" X 2" MACHINE SCREW	2
60 1/4" NYLON LOCK NUT	2
70 2" SQUARE PLASTIC CAP	2
71 1 1/2" SQUARE PLASTIC CAP	3
74 3/4" ROUND PLASTIC CAP	2
79 5/16" X 1 3/4" HEX HEAD BOLT	2

- ☐ Press 2" SQUARE PLASTIC CAPS (70) into bottom end of UPRIGHT (1).
- ☐ Align bolt holes on L-BRACKETS (2) with bolt holes on UPRIGHT (1). Secure each L-BRACKET (2) with two 5/16" X 2 1/2" HEX HEAD BOLTS (51) and two 5/16" LOCK NUTS (55).
- ☐ Bolt MAIN FRAME (3) front u-bracket to FRONT SUPPORT (4) using two 5/16" X 1 3/4" HEX HEAD BOLTS (79) and two 5/16" LOCK NUTS (55).  
NOTE: THE EMBOSSED HOLES ON THE FRONT SUPPORT MUST BE FACED TOWARD THE FLOOR.



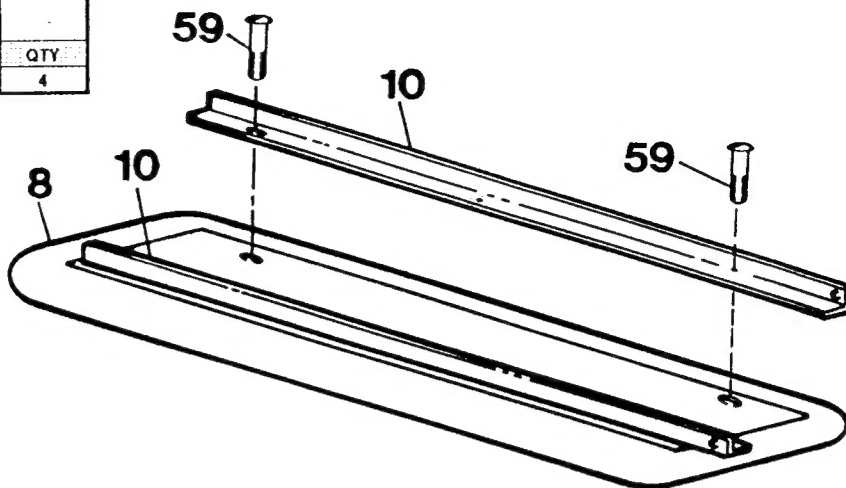
- ☐ Bolt ANGLE BRACKET (19) to MAIN FRAME (3) using 1/4" X 2" MACHINE SCREWS (58) and 1/4" NYLON LOCK NUTS (60).
- ☐ Bolt rear u-bracket of MAIN FRAME (3) to crossmember of UPRIGHT (1) using two 5/16" X 2 1/4" HEX HEAD BOLTS (50) and two 5/16" LOCK NUTS (55).
- ☐ Press 1 1/2" SQUARE PLASTIC CAPS (71) into ends of FRONT SUPPORT (4) and into top of MAIN FRAME (3).
- ☐ Assemble 3/4" ROUND PLASTIC CAPS (74) into each end of PAD BAR (7) and insert bar into large hole in vertical section of MAIN FRAME (3). Bar should be equally spaced on both sides of frame. Slide SMALL FOAM PADS (6) onto each end of PAD BAR (7). (A small amount of liquid dish detergent applied to both ends of the Pad Bar will help in this assembly.)
- ☐ Press 3/4" ROUND PLASTIC CAP (74) into handle end of BACKREST ADJ BAR (5) and assemble bar into one of the hole patterns in UPRIGHT (1). The Backrest Adj Bar is used to adjust the height of the Backrest.
- ☐ DECAL: Remove backing from DECAL (90); align Decal on Upright and apply it in the position indicated in the illustration.

## STEP 2 BACKREST ASSEMBLY

PART NAME	QTY
59 1/4" X 3/4" MACHINE SCREW	4

- ☐ Position LONG ANGLE IRONS (10) on BACKREST (8) aligning the holes. IMPORTANT! THE FLAT SIDE OF THE LONG ANGLE IRONS MUST FACE TO THE OUTSIDE OF THE PAD. SEE ILLUSTRATION!

- ☐ Secure one LONG ANGLE IRON (10) with two 1/4" X 3/4" MACHINE SCREWS (59).

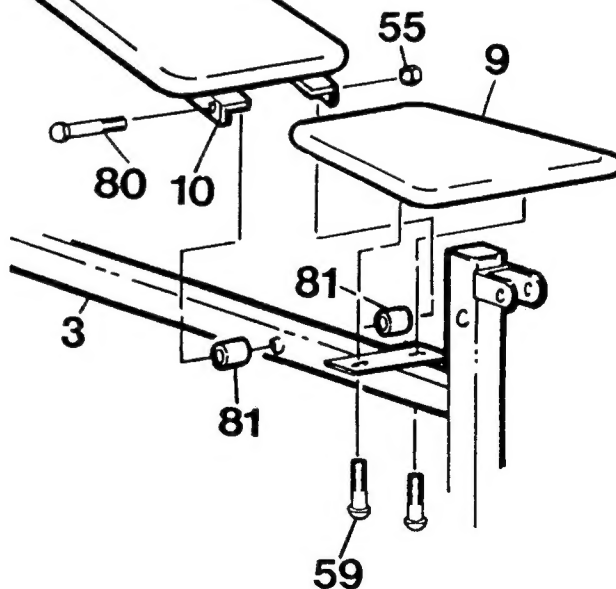


## STEP 3 ATTACHING BACKREST AND SEAT

PART NAME	QTY
55 5/16" NYLON LOCK NUT	1
59 1/4" X 3/4" MACHINE SCREW	2
80 5/16" X 4" HEX HEAD BOLT	1
81 METAL FERRULE	2

- ☐ BACKREST: Assemble 5/16" X 4" HEX HEAD BOLT (80) through one LONG ANGLE IRON (10) and into METAL FERRULE (81). Continue with Bolt through hole in side of MAIN FRAME (3), into another METAL FERRULE (81) and secure with 5/16" NYLON LOCK NUT (55).

- ☐ With SEAT (9) right-side up, lower to Seat Bracket on MAIN FRAME (3) and attach with 1/4" X 3/4" MACHINE SCREWS (59).



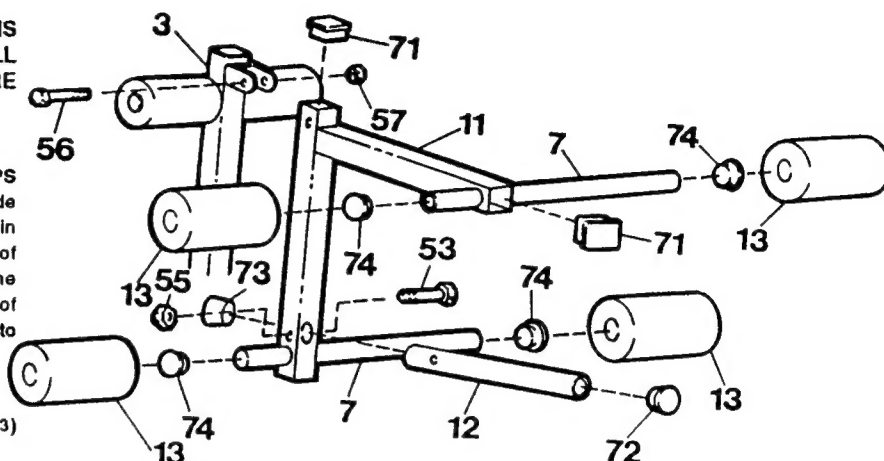
STEP 4 LEG CURL ASSEMBLY	
PART NAME	QTY
53 5/16" X 2" HEX HEAD BOLT	1
55 5/16" NYLON LOCK NUT	1
56 3/8" x 2 1/2" HEX HEAD BOLT	1
57 3/8" NYLON LOCK NUT	1
71 1 1/2" SQUARE PLASTIC CAP	2
72 1" ROUND PLASTIC CAP	1
73 1" ROUND PLASTIC COVER CAP	1
74 3/4" ROUND PLASTIC CAP	4

- ☐ Slide **WEIGHT PIN (12)** through angled hole on front of **LEG CURL (11)**. Align bolt holes and attach with **5/16" X 2" HEX HEAD BOLT (53)** and **5/16" LOCK NUT (55)**. Assemble **1" ROUND PLASTIC COVER CAP - 15 (73)** over rear extended portion of Weight Pin. Assemble **1" ROUND PLASTIC CAP (72)** into end of Weight Pin.
- ☐ Assemble **1 1/2" SQUARE PLASTIC CAPS (71)** into top and end of **LEG CURL (11)**.
- ☐ Position **LEG CURL (11)** between Leg Curl Bracket on **MAIN FRAME (3)** and secure with **3/8" X 2 1/2" HEX HEAD BOLT (56)** and **3/8" LOCK NUT (57)**. **DO NOT OVER TIGHTEN THIS BOLT!**

- ☐ **THE FOLLOWING INSTRUCTIONS ARE REPEATED UNTIL ALL REMAINING LEG CURL PARTS ARE IN PLACE.**

- ☐ Assemble **3/4" ROUND PLASTIC CAPS (74)** into end of **PAD BAR (7)**. Slide **PAD BAR (7)** through proper hole in **LEG CURL (11)** until equal amounts of bar are on both sides. (To help in the following assembly a small amount of liquid dish detergent should be applied to both ends of the Pad Bar.)

- ☐ Assemble **LARGE FOAM PADS (13)** onto each end of **PAD BAR (7)**.



## REPAIR PARTS AND SERVICE

### IMPORTANT

### BEFORE CALLING THE 800 NUMBER

IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN

YOUR WARRANTY CARD

**CUSTOMER SERVICE 1-800-225-0653**

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU**

**PURCHASED THIS UNIT**

**ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:**

MODEL NO.    NAME OF PART    ORDERING NUMBER